



American Heart Association®

Hard Hats with Heart™



## Toolbox Talks

# Change Your Salty Ways in 21 Days

## Change Your Salty Ways in 21 Days

Learning to read and understand food labels can help you make healthier choices. In 2 weeks, you can:

- Change your sodium palate
- Start enjoying foods with less sodium
- Reduce bloating

## Know the Salty Six

Common foods with excess sodium: 1) Breads, 2) Cold cuts & cured meats, 3) Pizza, 4) Poultry, 5) Soup, 6) Sandwiches

### Week 1 - Breads & Rolls / Cold Cuts & Cured Meats:

- Look for lower sodium items
- Track your sodium consumption
- Log how much sodium you've shaved out of your diet

### Week 2 - Pizza / Poultry:

- If you do eat pizza, make it one with less cheese & meats
- Add veggies to your pizza instead
- Use fresh poultry rather than fried, canned or processed

### Week 3 - Soups / Sandwiches:

- One cup of chicken noodle soup can have up to 940mg of sodium
- Check labels & try lower sodium varieties
- Use lower sodium meats, cheeses & condiments & plenty of vegetables to build healthier sandwiches

## Frequently Asked Questions:

### What is the Heart Check Mark?

The Heart-Check mark is a simple tool to help you Eat Smart. When you see it, you can be confident that a product aligns with the American Heart Association's recommendations for an overall healthy eating pattern.

To be Heart-check certified, the product must be a source of nutrients, limited in bad fats, and limited in sodium.

## Discussion Questions:

- What have you tried to reduce your sodium consumption?
- What is the hardest food to give up when wanting to cut back on sodium?